

How to apply to attend a Cygnet course:

Info for parents/carers...

Criteria: If you are interested in attending a Cygnet group, you must have or work with a child or young person with an autism spectrum diagnosis, aged between 5-18 years. We are commissioned to support families in the Tonbridge & Malling and Maidstone districts.

Waiting List: If you are interested in being added to our waiting list to be invited to the Cygnet courses that we run you will be requested to complete a Cygnet Mailing List Request form. Once you have completed and returned the form to us you will be added to our waiting list and we will contact you in due course regarding the next course that we run.

Invite to the course: When a place is available for you to attend an upcoming Cygnet course you will be contacted. Once we have contacted you regarding a place on the course you will be required to confirm acceptance of your place on the course and then complete and return an application form. Places will be allocated on a priority basis which takes into consideration the age of the child and the individual needs of the family.

If you choose not to accept your place on the course you have the option of remaining on the waiting list for future courses.

For further information about your local Cygnet programme, or to be added to our mailing list please

contact:

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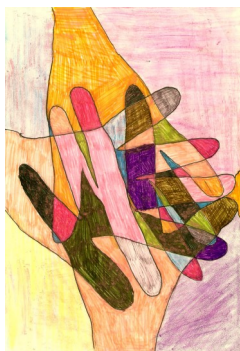


Cygnet



***A support programme for
parents and/or carers of
children and young people
aged 5—18 years who have an
autism spectrum condition.***

The Cygnet Programme



What is Cygnet?

Cygnet is a parenting support programme created by leading children's charity Barnardo's. It aims to support parents and/or carers of children and young people aged 5—18 years who have an autism spectrum condition (ASC). The course is delivered by practitioners who have experience of working with pupils with ASC across the age range and across the spectrum, and the programme aims to work towards supporting and developing the young person's communication skills and behaviour.

Who is the course for?

The course is designed to meet the needs of parents and/or carers of children and young people with an autism spectrum diagnosis. There is space for up to 6 families on each course (up to 2 parents/carers per individual). We are commissioned to support families in the Tonbridge & Malling and Maidstone districts.

What does the course cover?

Within Cygnet there is a core support programme which is delivered over seven 2 ½ to 3 hour sessions.

Below is an outline of the course content:

- Session 1: Introduction
- 2: An Overview
- 3: Sensory Issues
- 4: Communication
- 5: Understanding Behaviour
- 6: Supporting Behaviour
- 7: Parents' Choice

What level of commitment is needed?

To gain the most from Cygnet, we hope that all course members can come to every session. The course is very informative and sessions will start promptly; start and finish times will be considerate of school runs and travelling time. We also offer a three month post-course follow up session, which will be arranged with each group at the beginning of the course.

What costs are involved?

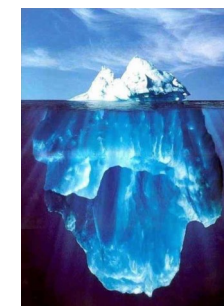
There is an optional administrative fee of £20.

Why should I attend a Cygnet course?

At its core, Cygnet acknowledges parents as the experts when it comes to their own children. The underpinning value in the development of the Cygnet programme is the belief that if parents and carers have access to appropriate knowledge, skills and support, they can often find practical solutions to build confidence in family life.

"Training for families must be on-going as individual needs change according to age and circumstance. All authorities should offer a variety of training courses for parents/carers in the understanding and management of ASC and any additional behavioural difficulties"

(National Autism Plan, 2003)



What do other people say about Cygnet?

Parents:

"This has given me the tools to help with my child's communication"

"I can now identify my child's sensory issues and have an idea of practical strategies"

"The support of the other group members is really valuable"

Professionals:

"We recommend Cygnet to all families where a young person receives a diagnosis of ASC in this age bracket"

- Consultant Child Psychologist, Bradford

"The programme is excellent in its accessibility to parents, carers and practitioners"

- Barnardo's Children's Service Manager, Waltham Forest

"The materials are clear, well researched and well-paced"

- Autism Outreach Teacher, Leeds